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Roast Goose w/ Leeks & Root Vegetables

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Ingredients (Serves 8)
1 12- to 12 ½ -pound fresh or frozen goose, thawed
8 1-inch-thick leeks
2 quarts water
1 bay leaf
¾ teaspoon salt
¼ teaspoon ground black pepper
4 large baking potatoes (2 pounds)
1 ¼ pounds carrots
¼ cup unsifted all-purpose flour



Cut off and discard root ends of leeks. Cut off green leaves from white portions of leeks. Split leaves lengthwise in half. Fan out leaves and rinse under cold water to remove any dirt; drain well. Remove the inner light-green or yellow portions of the leek leaves; cut across into 3-inch lengths, then cut lengthwise into julienne strips. Set aside white leek portions, dark-green leaves, and julienned leaves.

Heat oven to 400 degrees F. Remove neck and giblets from goose. Rinse goose, neck, and giblets and drain well. Remove excess fat from neck and body cavities and set aside.

With small metal skewer, fasten neck skin to its back; cut off and reserve middle sections of wings and wing tips, leaving the last section attached. Place goose, breast side up, on wire rack in shallow roasting pan. With fork, pierce skin well. Insert meat thermometer into inside thigh muscle, being careful not to rest it against bone. Loosely fill body cavity with dark-green leaves, reserving any leftover green leaves. Push legs under band of skin, if present, or tie together with string.

Roast goose, uncovered, on lowest oven rack 1 hour. Meanwhile, in 5-quart kettle, cook reserved goose fat over medium-low heat until rendered. Remove cooked fat particles and pour rendered fat into heatproof bowl; set aside. In same kettle, cook goose neck, wings, wing tips, and giblets over medium heat until well browned, stirring occasionally. (If desired, exclude the liver; wrap and freeze for another use, such as pate.) Stir into kettle the water, leftover green leek leaves, bay leaf, ¼ teaspoon salt and 1/8 teaspoon pepper. Cover and heat to boiling over high heat. Reduce heat to low; simmer 45 minutes.

Meanwhile, split each white leek portion lengthwise in half from top to within one inch of root end. Fan out the cut leeks and rinse under cold water to dislodge any dirt.

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Reduce oven temperature to 325 degrees F and continue roasting goose 1 hour. During roasting, spoon off accumulated fat at 30-minute intervals and add to rendered fat in bowl. Meanwhile, peel potatoes and carrots. Cut potatoes across into quarters and carrots across into thirds. Add potatoes and carrots to giblet mixture and cook 15 minutes. With slotted spoon, transfer slightly cooked potatoes and carrots to shallow roasting pan. Drizzle 1 tablespoon rendered goose fat over vegetables; toss gently until coated with fat.

After goose has roasted 2 hours, place pan of potatoes and carrots on oven's top rack and continue roasting 30 minutes. Meanwhile, place white leek portions in giblet mixture in kettle and cook 5 minutes to blanch. Transfer blanched leeks to roasting pan with potatoes and carrots. Continue roasting vegetables until well browned, turning occasionally.

With slotted spoon, remove and discard particles from liquid in kettle. Strain liquid through a sieve into a large measuring cup or bowl. Remove any fat from surface. Measure 3 cups liquid and set aside. (Freeze any leftover liquid for soups or other recipes.)

In large skillet, heat 2 tablespoons rendered goose fat. Add julienned leek leaves and sauté until wilted. Remove skillet from heat. Transfer half of the julienned leaves to top of goose and spread to even layer. Along with the pan of vegetables, continue to roast goose 15 minutes or until thermometer inserted into thigh registers 185 degrees F. Transfer goose to large serving platter; let stand 15 minutes before carving. Remove roasted vegetables from oven and set aside.

Skim off all but about 3 tablespoons fat from the goose's roasting pan and place in bowl of rendered fat. (Leftover rendered goose fat can be frozen and used in cooking or placed outside for birds.) Stir flour into fat remaining in pan until well mixed. Gradually stir in reserved 3 cups liquid from Step 8 and cook over medium-low heat until thickened and bubbly. Stir in remaining ½ teaspoon salt and 1/8 teaspoon pepper. Pour gravy into a small bowl.

Arrange roasted vegetables in mounds around goose. Garnish top of goose with remaining julienned leek leaves. Carve goose and serve with vegetables and gravy.

Notes:

Additional Recipes: www.gooseproducts.com